

August 13, 1998

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Office of Special Nutritionals (HFS-450)  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
200 C Street, SW  
Washington, DC 20204

Dear Sir or Madam:

This notification is being made, as required by Section 403 (r)(6)(c) of the Food, Drug and Cosmetic Act, that Selfcare, Inc. intends to market dietary supplements products with the following labeling statements of nutritional support:

**Stresstabs® + Zinc, and Stresstabs® + Iron**  
High Potency Stress formula Vitamins

- Physical stress can rob you of vitamins. It's a fact that during periods of unusual physical stress, fad dieting, excessive drinking, smoking, prolonged illness or infection, your body uses up more vitamins than normal.
- Puts back what physical stress takes out
- Stresstabs High Potency Stress Formula Vitamins can help supplement your diet because they contain many of the vitamins your body can't store.

**Posture**

- For healthy bones

**Posture-D**

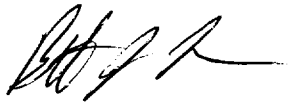
- For healthy bones
- More calcium per tablet for healthy bones
- Vitamin D helps your body absorb calcium

**Posture-D Chewable**

- For healthy bones
- More calcium per tablet for healthy bones
- Vitamin D helps your body absorb calcium

If you have any questions regarding this information please feel free to contact me at (781) 647-3900 x144.

Sincerely,



Betty Lane  
Director of Quality and Regulatory Affairs  
Selfcare, Inc.